



# Tribal Tales



The 2014 SPRING Newsletter for the Chief Solano Kennel Club

Many club members and spouses gathered this year on January 11th at Cattleman's in Dixon for our annual meeting and to celebrate with members who had earned awards and honors on their dogs both in performance and conformation in 2013. Those of us who were well enough to make it, gathered in the lounge and met up with familiar faces in the club, some that we hadn't seen in awhile. Doreen did a great job organizing a lovely dinner for us and was honored with a Lifetime membership for her many years of service to the club. Everyone enjoyed chatting with other members at our celebratory dinner. Club president, Linda did a superb job running our meeting and handing out the club awards. Michael read the induction and oath of new officers, which was both humorous but serious.



**A great time was had by all!!**

cc

**Remember that our 55th & 56th Licensed All-Breed Show, Obedience Trials & Rally Trials will be held on April 19-20 2014 at the Solano County Fairgrounds in Vallejo, CA**

## **7 Reasons You Need A Pet**

**Furry friends do more than keep you warm at night—research shows that pets**

**offer a whole range of health benefits**



Fluffy, Fido, Sniffles, Mittens, Mr. Whiskers... Behind every cute pet name sits a fur- (or scale-, or feather-, or whatever-) covered, powerful health booster. Study after study shows what anyone who's ever spent a sick day in bed with her cat knows: Having and caring for a

companion animal is great for both your physical and emotional health.

## **Here are 7 ways owning a pet can benefit your health and help keep you young:**

**1.** Makes you less of a couch potato Nothing makes you spring into action faster than your pooch's I'm-about-to-pee-on-the-new-rug-unless-you-take-me-out-NOW warning whine, and a new study shows owning a pet keeps you in motion. Pregnant women who own dogs are more likely to be

active than those who don't, according to the University of Liverpool. Researchers say dog walking, a low-risk, low-intensity exercise, is perfect for women who want to up their activity level and prevent excessive weight gain during pregnancy. Pregnant or not, walking your pet is a fantastic way to sneak in a little extra, super-fun exercise

**2.** Keeps you from being a hermit Having a pet you can take for walks outdoors is great for your relationships, and can help foster your interpersonal skills, too, says Alan Entin, a psychologist and past president of the American Psychological Association's Division of Family Psychology. **"Being outside with a dog helps you meet people,"** he says. **"You meet other dog owners and that helps improve your social life."**

**3.** Lets you laugh at yourself Many owners like to talk about their pet's antics (sometimes to the dismay of coworkers, family members, and total strangers), which is one way that furry friends bring levity into everyday life. "They bring laughter and humor into our stressful lives and encourage us in

playful ways," says Froma Walsh, co-director of the Chicago Center for Family Health and a Professor Emerita at the University of Chicago. Walsh, the owner of a Lab mix named Shasta, says that Shasta keeps her from becoming too absorbed in her work. "She always comes up to me wanting a treat or a walk," she says. That distraction is often not only welcome, but healthy, she says.

**4.** Prevents your blood from boiling You might not notice it, but **when you pet your dog or cat, your body releases oxytocin, a stress-reducing hormone** associated with emotional bonding. The really cool thing, Walsh says, is that your pet releases oxytocin, too, fostering a sense of connection, calmness, and release of stress.



**5.** Takes away the loneliness Pets provide companionship, which means that they can help

their owners—particularly those who live by themselves—feel less lonely, according to a study from Miami University and Saint Louis University.

**"People with pets probably feel less lonely because the pet provides a sense of social support,"** said Allen R. McConnell, a professor at Miami University and an author of the study. In a similar study, after participants were induced with a sense of loneliness, the "lonely" person found just as much solace and help in thinking about her dog or cat as she did their closest human friend, McConnell said.

**6.** Adds candles to your birthday cake In a study that looked at patients who were discharged from a Coronary Care Unit, researchers found that **those who had companion animals to come home to had a better survival rate** during the next year than those who didn't. **The psychological comfort of pets may be linked to living longer,** suggests the study.

**7.** Helps you love yourself. Pets can instill a greater sense of self-worth and self-esteem in their owners, and can even help

people who suffer from mild depression, Entin says.

**“The most important thing about a dog is that they give you unconditional love,” he says. “They don’t ever judge you, and that’s pretty powerful.”**

By Erin Dostal  
Preventionnews.com



## The Awesome Thing Your Dog Does To Your Gut

**Don’t settle for the immune system you’re born with—upgrade it.**

Or rather, let your pet upgrade it. Previous studies have shown that having a dog or cat around as a baby cuts your risk of developing allergies later on, and now new research spells out how it works—and it turns out that it all starts in the gut.

In a new study in the Proceedings of the National Academy of Sciences, **mice exposed to dust from homes with dogs were protected against allergens known**

**to trigger asthma.** This dog-associated dust enriches the variety of gut bacteria in the mice with *Lactobacillus johnsonii*, a type of bacteria that protects the airway against allergens and infection by beefing up mucous membrane immunity.

Not to worry, cat lovers. **Although this study focused on dogs, having cats around early in life could help you stand up to allergies and asthma, too.**

“In our previous research, we demonstrated that homes with indoor/outdoor cats also exhibited a more diverse house dust microbiome,” says study author Susan Lynch, PhD, associate professor of medicine at the University of California in San Francisco.

**If you want to get the immunity benefits without a furry friend, you’ll have to wait. The protective microbes needed to ward off allergies are only available via pet exposure at the moment,**

Dr. Lynch says. “Our aim moving forward is to build upon these studies and

develop probiotic therapies for allergic asthma.”

Article By: Jessica Chia

Jessica Chia is an editorial assistant at Prevention. She studied sociology and journalism at Baylor University and covers health and relationship issues.

I have nothing against dogs; I just hate rugs that go squish-squish.

Phyllis Diller



## Springtime Health Issues for dogs

Springtime brings more pleasant weather, flowers and a number of other positive experiences. However, springtime can also present dangers for pets which are not as prevalent in the winter months. Toxic plants can be dangerous for dogs and cats. **While many of the plants that we commonly keep in our gardens are beautiful to look at, these same plants can cause serious poisonings for our pets.** In addition, many of us bring

these same flowers indoors as bouquets as well, especially around Easter.

**Lilies are one the most common poisonous plants** found in bouquets and in gardens, but there are many other types of plants that can be poisonous to our dogs and cats as well.

**Rhododendrons, azaleas, Japanese ewe, foxglove, tulips, oleanders, castor beans, crysanthemums** and many other types of plants can all be very toxic to unsuspecting curious pets.

Pets can be exposed to chemical toxins in the spring

With warmer temperatures, many of us begin using chemicals such as fertilizers and insecticides on our lawns and gardens.

However, it is important to remember that these chemicals can be hazardous to pets who consume or are otherwise exposed to them. All pets should be kept away from areas treated with such chemicals. In many cases, safer non-toxic products may be preferable and equally effective for flea, tick and other parasite exposures.

**Spring is also the time of year when fleas, ticks and other parasites start to make their presence known.** Though fleas and

ticks can be present year-round, their populations tend to increase drastically in the spring-time. Both dogs and cats are targets for these parasites.

While fleas and ticks can cause your dog or cat to become uncomfortable, **the diseases that these parasites carry are of even more concern to your pet's health.** Diseases such as **Lyme disease, ehrlichiosis, Rocky Mountain Spotted Fever, and many others can be transmitted by ticks.**

**Fleas can transmit diseases such as tapeworms, cat scratch fever (to people), even bubonic plaque.** In addition, mosquitos may carry heartworms that are capable of infecting your dog or cat.

Allergies in dogs and cats Just as in people, springtime can bring on allergies for many dogs and cats as well. Pets may develop allergies to plants, pollens, fleas, and many other substances. Unlike people, **springtime allergies in pets most commonly show up as skin problems.** Allergic dogs and cats generally become very itchy, may experience hair loss or inflamed skin and may even show a change in behavior due to

the irritation of the allergy. Less commonly, respiratory symptoms or runny eyes may occur as a result of allergies in pets.

From Pet Health Examiner

By: Lorie Huston 2014

The average dog is often a nicer person than the average person.  
Andy Rooney

## Peanut Butter and Banana Treats



You will need:

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# Chief Solano Kennel Club Inc. 2013 Title Holder Plaques

**At the meeting in January  
many club members  
received plaques recognizing  
the accomplishment of their  
dogs in Conformation, Rally  
and Obedience.**

Delta Rose Devine of  
Shadowbrook, (D.D.), R.N.  
Owned by Dave & Sharon Moody  
2013

Delta Rose Hope, R.N. Owned by  
Dena Fennel  
2013

K BraeÕs Merri Little Pixie, R.A.  
Owned by Susan Sakala  
2013

Belmark Soleil Noir, A.K.C.  
S.T.A.R. Puppy, C.G.C. Owned by  
Susan Sakala  
2013

K BraeÕs Keltic Imagination, R. N.  
B. N. Owned by Karen Glover  
2013

K BraeÕs Shady Lady, R.A. Owned  
by Karen Glover 2013

K BraeÕs Black Indigo Knight,  
R.N. Owned by Karen Glover  
2013

CH WindancerÕs Luck Be A Lady  
Owned by Sharon & Harold  
Hooper 2013

GCH Erdosi Vadrossa Neci, C.G.C.  
Owned by Ross & Kathy Allen  
2013

Me and My Shadow, AKC Shadow,  
C.D., B.N., R.N., AKC Th.D.,  
C.G.C.A. Owned by Christy  
Wren-Smith 2013

Lucky Fox, AKC Th.D Owned by  
Christy Wren-Smith 2013

Henry, C.G.C. Owned by Toni  
Molin 2013

Obadiah, C.G.C. Owned by Laurie  
Vidt 2013

Hermosa ÒBijouÓ As Precious As  
A Jewel, A.K.C.S.T.A.R. Puppy  
Owned by Christy When-Smith  
2013

Charley O of Grandure, R.N.  
Owned by Peder & Janet Matthews  
2013

GCH PocketÕs Cool and Sassy,  
C.G.C. Owned by Cynthia Cool  
2013

CH RegaliaÕs Sacred Fire of  
Serenity (Mavis), Owned by Joel  
Coffey & Julie Coffey 2013

Zoe Baretta, A.K.C. S.T.A.R.  
Puppy Owned by Bill & Kacie  
Doberneck 2013

**Chief Solano Kennel Club  
continues to support  
training and conformation  
classes every Wednesday  
Night at the Elmira Fire  
Station. Check our website  
for dates and times.**



## AND SPEAKING OF TREATS...

**Here is a photo of Michael  
and Zella's dog, Phoenix  
caught in the act of helping  
himself to goodies left on the  
chopping block. Now that  
they know his tricks...he  
could be on the chopping  
block NEXT!**

All Pug photos used in this issue,  
courtesy of CCPugs.  
Lab with Leash; courtesy of Guide  
Dogs for the Blind.

